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Flu Outbreak

H1N1 Starting today, Alberta Health Services will allow anyone who wants to receive the H1N1 vaccine to get it at one of seven clinics in Calgary.

The AHS has also announced the opening of a seventh clinic, located on the third floor of the South Calgary Health Centre, at 31 Sunpark Plaza SE.

In a press release yesterday, the AHS said it will receive enough vaccine to immunize 50,000 people per day for the next few weeks.

All clinics are open from 8:30 a.m. to 8 p.m. Monday to Thursday, and 8:30 a.m. to 3:30 p.m. Friday through Sunday.

For more information go to albertahealthservices.ca.

METRO CALGARY

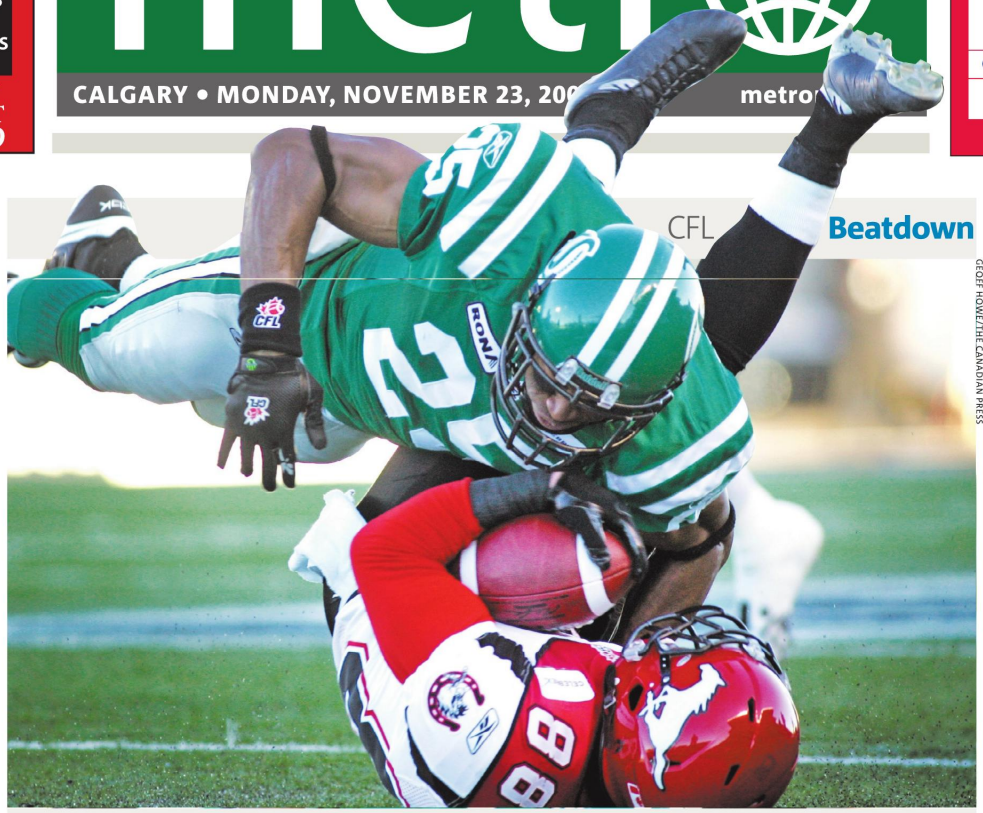
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Entertainment pg 18



On The Road with Viggo

On the web
Visit metronews.ca for news updates



CFL Beatdown

GEOFF HOWE/THE CANADIAN PRESS

Calgary Stampeder Markus Howell gets knocked to the field by Saskatchewan Roughrider Leron Mitchell during first-half CFL Western final football action in Regina yesterday. The Roughriders beat the Stampeders 27-17. More coverage, page 3, 14.

Families mourn teens

Three of four victims identified after highway crash on weekend

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Two Calgary students killed in a car accident are being remembered by their families as loving and happy girls who enjoyed life.

Cayley Chapman, 18, and Emma Ransom, 19, were killed in the wreck that also claimed the lives of Joilinn Edgar, 19, and another Calgary woman whose six-month-old baby was the sole survivor in the weekend crash near Nanton, Alta.

"There is no greater loss for a parent than that of their child, and there is no greater comfort than in knowing that Cayley loved God and is now safe in His arms," the Chapman family said in a statement. "We sorely miss our lovely girl."



Emma Ransom



Cayley Chapman

Chapman worked with Gil Berard at Pine Lake Christian Camp and he said she will be missed by all who knew her.

"She was bubbly, always smiling and always in good spirits. She was just a great kid, this is a loss for everyone," he said of the aspiring child psychologist at Mount Royal University.

The Ransom family also issued a statement regarding Emma, who was a SAIT student looking forward to a career as a dental assistant.

"We had Emma for a speck in time. Although brief, Emma's life touched so many people in so many positive ways. Her spirit will always be missed and never forgotten," the family said.

Both families extended their condolences for all of the victims in the horrific accident, including the mother of the baby.

The collision occurred when the three teen victims were driving northbound on Highway 2.

Their car crossed the median and hit a southbound vehicle carrying the woman and her baby, according to Cpl. A.J. Mand of the Nanton RCMP.

Officials don't believe speed or alcohol were factors, but they continue to investigate.

RCMP are not issuing the identity of the fourth victim until next of kin are notified.

Tall budget task ahead for council

DARREN KRAUSE
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AMENDMENTS With parking fine increases declined last week at city committee, Calgary city council may already be looking at a bump in the 4.8 per cent projected tax increase.

That potential loss of city revenue is just one component of a budget battle looming at city hall, as city aldermen will be asked to approve amendments for the 2010 budget year starting today.

Declined parking fine increases and a reduction in short-term parking fees could cost the city nearly $4 million in anticipated revenue. Couple that with nearly $7 million still on the table in unfunded projects, and 4.8 per cent could suddenly be six per cent again.

"The money has to be found in one of two places. It's either found in the rest of the operating budget, or the mill rate is bumped up to compensate," said finance committee chair Ald. Gord Lowe.

Lowe's not certain which of the six unfunded initiatives, if any, would be approved by council, leaving the final tax increase up in the air.

The city will also be required to withdraw $13.7 million of its fiscal sustainability reserve, upon approval, in order to keep the tax increase at 4.8 per cent.

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SCANLIFE

Local



Zoo parking structure up and running

After weeks of delays, the parking structure has been set up at the Calgary Zoo, and those using the north and west lots will be charged $5 per day for parking, starting today. A 30-minute grace period will be given for those dropping people off for the zoo or the LRT. Zoo members and those attending special events receive complimentary parking after 8:45 a.m. The parking reno has increase the number of stall from 1,300 to 1,800.

METRO CALGARY

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

Fans mourn Stamps' loss

Roughriders ruin Grey Cup dreams of Calgary hopeful

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Stampeder's fans drowned their sorrows in pubs and homes across the city as the red and white fell to the Saskatchewan Roughriders.

Nicholas Kalmbach, 21, said he was more than disappointed with the loss — he is heartbroken.

"I'm a huge fan and I'm just shocked. I really thought we would take this one and win the Grey Cup in our own city next weekend. It's hard to even put this into words," he said after the 27-17 loss.

Fans were left shaking their heads at what went wrong in the second half, though Roughrider fans were basking in the win, exploding into cheers as the game clock ticked down.

"This is indescribable. Everyone said we would finish in last and here we are proving them wrong and heading to the Grey Cup in Calgary. It's amazing," Erin Walton said, donning her green and white face paint.

Courtney Anderson said while she is an avid Stamps fan she will hit the Grey Cup game anyway.

"I have tickets to the game already but it won't be the same. I'm definitely going to wear my Stampeders jersey anyways to show my support for who should really be playing," she added.

MORE COVERAGE, PAGE 14



ROBIN KUNIKSKI/FOR METRO CALGARY

From left, Jarret Brownlee, 31, Kristie Davidson, 27, Keith Burns, and Lincy Mathew, 29, went head to head as fans at Schanks South as the Saskatchewan Roughriders and the Calgary Stampeders battled it out for the Western Division Final. Unfortunately for the home team, the Roughriders were the victors and are heading to the Grey Cup.

Grey Cup

- The Saskatchewan Roughriders will take on the Montreal Alouettes in Grey Cup action next Sunday in Calgary after the Al's beat the B.C. Lions in the Eastern final.

Alberta, B.C. look to expand heritage site

PARKS Alberta and British Columbia are looking to add more international sparkle to Canada's Rocky Mountain parks.

Seven parks in the Rockies are already collectively designated as a United Nations World Heritage Site because of their spectacular peaks, glaciers, pristine lakes, wildlife and geology.

Now the two provinces and Parks Canada are talking about asking the UN to add nearby provincial parks and other protected lands to the heritage site.

If approved, the expanded area could cover up to 3.5 million hectares of wilderness.

"There is political and bureaucratic support for pursuing the idea, so we have been working on it," said Mike Murtha, a Parks Canada planner.

"It is really a stamp of exceptional recognition. This is on that list of places you must see before you die. It is seen by the tourism industry as a great marketing hook."

Parks Canada would make the application to the UN, but only after Alberta and B.C. decide which areas to nominate.

The United Nations has been encouraging Canada to make the application for three years.

Alberta is considering including some or all provincial parks and wild lands along the eastern slopes of the Rockies from the Kananaskis area southwest of Calgary all the way up to the Kakwa area northwest of Jasper.

THE CANADIAN PRESS

Calgary Tweets

- @NEWSBOYCALLSEN I am predicting an increase in trucks and a shortage of Pilsner and Rye in #yyc this week. Just a hunch.
- @darrylatWSR What kind of formation was that on the short kickoff? The #Stampeders looked like a bunch of Canada Geese #CFL #football
- @Ragel who picks the TV lineup for KSBI? Seriously, the Calgary Stampeders vs the Saskatchewan Roughriders? SERIOUSLY? This is Oklahoma.

metronews.ca
What's online today.

Video Market watchers will be keeping an eye on the health of Canada's big banks as they begin reporting earnings results at **metronews.ca/canada**

Blogs



Sexcetera weighs in on the age-old question of 'Once a cheater, always a cheater?'

Lotteries

Friday, Nov. 20
Lotto Max: 2, 8, 28, 30, 36, 39 & 42 Bonus 24
Saturday, Nov. 21
Lotto 6/49: 18, 25, 35, 43, 46 & 47 Bonus 4
These results are not official.

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CALGARY OBITUARIES

CalgaryObits.com notes the following deaths in our community:

ASTALOS, Mary (nee Vidra)
BOOTHBY, Dorothy Mae (nee Ellett)
BUSS, Lillian Jane (nee Montgomery)
CONNELLY, Eileen Merle Fraser
DICK , Robert Don
DICKIE, Kathleen (Kay)
DIERICKSE, Keith Richard Francis
EINARSON, Jeffrey Keith
FUCHS (nee Pettet), Doreen Grace
GIANNISSIS, Angela (Angeliki)
GIGLIA, Fernando Daniel
GILBERTSON, Carol Velaine
GILROY, Gordon Charles
GUNN, Dr. Ian Martin
GUTHRIE, David Alexander
HACKETT, Margaret Hynes
HART, James (Jim)
HEGSETH, Ingeborg (nee Moslet)
HENUSET, Jackson Henry
KUNELIUS, Pearl
LABRADOR, Belen
LIPPA, Wilhelmina (Minnie)
MARINARO, Giuseppe (Joe)
MENZIES, Arthur Whyte
MINIAJLO, Helen Annie (nee Boreskie)
MUSSELWHITE, Florence Irene (nee Mathison)
PARMAR, Harsukh Popatlal
PLANT, Mildred Gladys
RICE, Lillian Rose
SANDERSON, Joyce (nee Hodgson)
SCHWARZ, Willi Albert
SILLER, Colleen Anne (nee Gillis)
WILSON, Donald (Willie)
ZEDDELL, Mary (nee Hall)

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Fatal garage fire not suspicious, officials say
The Calgary Fire Department has determined a northeast Calgary garage fire on Friday evening that left two men dead was not suspicious in nature. METRO CALGARY



ROBIN KUNSKI/FOR METRO CALGARY

Jenny Krabbe helped put together the Marda Loop Justice Film Festival held at the River Park Church Auditorium over the weekend. The festival focused on films that showed the emergence of a sustainable world of communities at peace, living in relationship with one another.

Films inspiring change

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Inspiring people to be the change they want to see in the world was the goal of the fourth annual Marda Loop Film Festival this weekend.

And founder and director Jenny Krabbe thinks about 2,700 Calgarians left the film festival inspired this year after a successful event.

"I think these are important issues and Calgary is a global city. I think sometimes it's good to open the eyes of people and let them see what other less fortunate people's lives are like," Krabble said.

Krabble thanked the sponsors for making it possible to offer the event free this year.

"I think it's great that we can offer this to people at no cost so there are no barriers in deciding if they were going to come. It's been on par for last year's attendance."

Elizabeth Bowerman was attracted to the event for the movie Addicted to Plastic, but thinks the whole event is an educational experience.

"I think these issues are a part of society and I find it really interesting," she said.


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New bishop appointed for troubled diocese
Bishop Brian Dunn was appointed Saturday to take over a Nova Scotia diocese two months after his predecessor was charged with possessing and importing child porn. THE CANADIAN PRESS 5

Canada

Reviving Ignatieff

New Grit chief of staff seeks to bolster leader's image

Michael Ignatieff isn't a Tim Hortons kind of guy — and that suits his new chief of staff just fine.

Peter Donolo has spent his first week on the job reminding Liberals that party icon Pierre Trudeau wasn't exactly a donut shop everyman either and that didn't stop Canadians from electing him four times as prime minister.

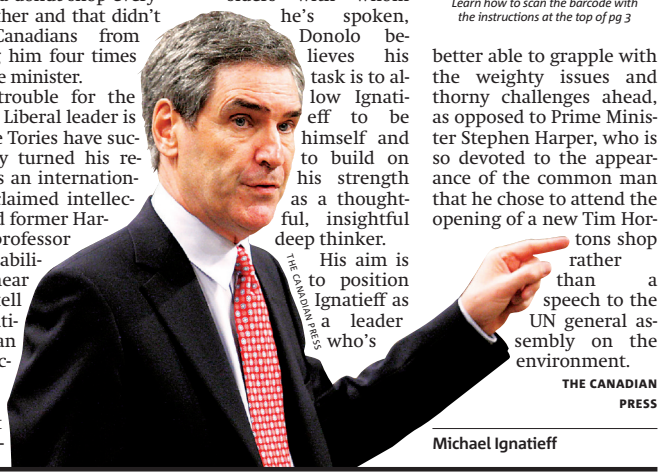
The trouble for the current Liberal leader is that the Tories have successfully turned his resumé as an internationally acclaimed intellectual and former Harvard professor into a liability. To hear them tell it, Ignatieff is an elitist academic who's "in it for himself" and "just visiting" Canada after working more than 30 years abroad.

Donolo's goal is to turn that negative back into a positive.

He isn't talking publicly, but according to party insiders with whom he's spoken, Donolo believes his task is to allow Ignatieff to be himself and to build on his strength as a thoughtful, insightful deep thinker.

His aim is to position Ignatieff as a leader who's better able to grapple with the weighty issues and thorny challenges ahead, as opposed to Prime Minister Stephen Harper, who is so devoted to the appearance of the common man that he chose to attend the opening of a new Tim Hortons shop rather than a speech to the UN general assembly on the environment.

THE CANADIAN PRESS


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Michael Ignatieff

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Mountie helps deliver neighbour's baby

NEWBORN Steve and Heather Boey have always felt safe in their Vancouver-area home, having an RCMP officer living nearby.

But they didn't realize what a great neighbour they had until the officer helped deliver their baby boy — inside their Maple Ridge home.

Const. Steph Rogers, 38, came to the rescue Nov. 12, hours after the Boeys returned home from the hospital. Heather Boey had been induced earlier that day, but she was told not to expect the baby's arrival until the next day.

At around 10:30 p.m., the 27-year-old woman felt the baby pushing.

Her husband called their midwife, who then called for paramedics. His next call was to Rogers. Both the officer and husband ensured the delivery went smoothly, just in time for the ambulance to arrive.

Nathan Boey was born just after 11 p.m., weighing six pounds, 15 ounces.

THE CANADIAN PRESS


RCMP HANDOUT/THE CANADIAN PRESS

RCMP officer Const. Steph Rogers poses with Heather Boey, Steve Boey and their baby Nathan in this handout photo. The officer helped deliver the baby boy inside the couple's Vancouver-area home on Nov. 12.

News in brief

CHOPPER A test to certify the model of helicopter involved in a fatal crash off Newfoundland showed it would remain airborne for "around 10 minutes" — about one third of the time required — if oil leaked from its gearbox, aviation regulators say. The cause of the Cougar Flight 491 crash in March, which killed 17 people, is still being investigated.

FLOODING Hundreds of south Vancouver Island residents are returning home after a combination of heavy rain, melting snow and high tides caused the Cowichan and Koksilah rivers and several creeks to spill their banks on Friday, flooding dozens of homes in Duncan and the surrounding area. Yesterday, most of the flooding had receded.

AFGHANISTAN Canada's top general in Afghanistan says he plans to continue the model-village approach pioneered by his predecessor. Brig.-Gen. Daniel Menard says coalition forces are likely to provide Canada with enough additional resources to focus both on Kandahar city and rural areas of the province.

THE CANADIAN PRESS

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Faux tweets plague MPs
As members of Parliament scramble to get on board Twitter, many are getting hit by phoney postings, including Prime Minister Stephen Harper. THE CANADIAN PRESS

Ex-Grit leader's wife bashes Ignatieff

Writes caustic letter questioning leadership abilities

The outspoken wife of former Liberal leader Stéphane Dion has written a scathing letter in which she questions Michael Ignatieff's ability to lead the party out its current woes.

"Stéphane was ready to take the time and the shots (against him) in order to rebuild the party." Janine Kreiber

In a note published on her Facebook page and subsequently circulated among party members, Janine Krieber wrote Friday that the party was in full collapse and the future appeared bleak.

A fellow university professor, Krieber said party members were duped by Ignatieff and would have recognized his obvious shortcomings if they'd only taken the time to read his academic writings.

She also said the party would pay for refusing to endorse a historic left-wing coalition in an attempt to oust the Conservatives last December.

She writes that her husband was working to rebuild the party after last year's disappointing election result but had those efforts short-circuited by Ignatieff, who first dethroned Dion without a leadership race and then dumped the idea of forming a coalition with the other opposition parties.

"Stéphane was ready to take the time and the shots (against him) in order to rebuild the party," she said. "But they (party members) didn't accept the 26 per cent (of the popular vote in the last election). Now we're at 23."

The Canadian Press obtained a copy of the note, which has since been deleted, where she openly questions whether current Leader Michael Ignatieff is the one to lead the party out of its funk.

Sources say Dion, a Montreal MP, was not involved in producing the note and that people in his camp persuaded Krieber to delete the message earlier Saturday.

A spokesman for Ignatieff couldn't deny its existence but added that by the time he checked the page, there was no sign of the note.

Krieber has never shied away from expressing her opinion and having it out with party brass.

During the 2008 federal election campaign, she complained she was being muzzled by the party, which was met with denials.

THE CANADIAN PRESS

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Canadian ship to spend six months combating piracy
A Canadian warship has begun anti-piracy duties. HMCS Fredericton will spend the next six months patrolling off the Horn of Africa. THE CANADIAN PRESS

RCMP chief expecting critical Air India report

Police force 'long way from ideal' at time: Elliott

Canada's top Mountie says he expects the coming report on the deadly 1985 Air India bombing to be highly critical of the RCMP.

But William Elliott says that's "fair and reasonable" given the problems plaguing the Canadian intelligence community at the time. "I think there were a lot of things that were a long way from ideal," Elliott said in an interview.

A Boeing 747 carrying 329 passengers, most of them Canadian, was en route to New Delhi when it blew apart off the coast of Ireland on June 23, 1985.

Police have long believed Air India Flight 182 was destroyed by Sikh separatists who seethed with anger at the Indian government.


Elliott

A federal inquiry led by former Supreme Court justice John Major examined whether there was adequate assessment of the terrorist threat, the relationship between the RCMP and the Canadian Security Intelligence Service, and issues concerning Canadian aviation security.

The commission of inquiry said in July its report was ready to be reviewed by federal agencies to flag any information whose publication might compromise national security. The report is expected in coming months, though no release date has been set.

The complex RCMP investigation of the bombing was hampered by turf wars between the Mounties and the newly formed CSIS, which took up national security duties just a year earlier. THE CANADIAN PRESS

Prisoner transfers halted over torture fears: General

AFGHANISTAN Canada's top military commander says the transfer of prisoners to Afghan authorities has been halted more than once due to safety concerns.

Gen. Walt Natynczyk, the country's chief of defence staff, wouldn't elaborate on when the halts took place — or how many times. He said he didn't want to pre-empt statements from former military commanders, who are expected to appear before a special House of Commons committee this week. There has only been one occasion when the federal government has publicly acknowledged that the army stopped handing over prisoners — in November 2007 — because of torture concerns.

THE CANADIAN PRESS

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Authorities investigating radiation release at Three Mile Island

A small amount of radiation has been detected in a reactor building at the Three Mile Island nuclear power plant in central Pennsylvania. Officials say there is no public health risk. The plant was the site of a major nuclear accident in 1979. THE ASSOCIATED PRESS

World



Record storms pounding Britain

Police and army experts say they're urgently checking the safety of about 1,800 bridges in northern England amid some of the worst storms ever recorded in Britain. Heavy rainfall has ravaged England's popular Lake District, with more than 1,000 homes flooded and several river crossings destroyed. Police said yesterday that concerns over the safety of bridges have crippled the region's road network. A police officer was swept to his death Friday when a major bridge collapsed close to Cockermouth, the hardest-hit town. THE ASSOCIATED PRESS

Bill moves on for debate

HEALTH CARE U.S. Senate Democrats, without a vote to spare, pushed forward a bill to overhaul the American health care system, but a divisive debate still lies ahead and there is no assurance the measure — as written — will win approval in the upper chamber of the Congress.

In a rare weekend session, the Senate voted 60-39 to move the health care reform legislation to the floor for a full debate, expected to begin after lawmakers return from the U.S. Thanksgiving recess. The 60 votes were the minimum needed under Senate rules to overcome Republican legislative manoeuvers to prevent the bill from even being debated.

The legislation would extend coverage to roughly 31 million Americans without insurance, crack down on insurance company practices that deny or dilute benefits and curtail the growth of spending on medical care nationally.

Saturday's vote was hailed as a victory for President Barack Obama.

THE ASSOCIATED PRESS

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SCANLIFE

With Republicans promising a no vote, internal squabbling among Democrats is the bill's biggest obstacle. Scan this code for the full story.

Learn how to scan the barcode with the instructions at the top of pg 3

China mine blast kills 92

More safety questions arise after latest coal mine disaster

When gas levels suddenly spiked deep in the Xinxing coal mine, Wang Jiguo grabbed two co-workers and they ran for their lives. Minutes later, there was a huge bang, a torrent of hot air and the earth shuddered.

Two days later, at least 92 people are reported dead and 16 missing, the official Xinhua news agency said. The deadliest accident in China's mining industry for two years has highlighted how heavy demand for power-generating coal comes at a high human cost.

"Development is important, but the growth of GDP shouldn't be achieved at the price of miners' blood," said provincial governor Li Zhanshu, urging officials to better manage coal mines.

The blast at the nearly 100-year-old mine in Heilongjiang province, near the Russian border, dealt a blow to the central government's race to improve safety, which has seen the shuttering or absorbing of hundreds of smaller, private mines into state-owned operations.

The government says the closure of about 1,000 dangerous small mines last year has helped cut fatalities. Yet hundreds still die in major accidents each year, even at state-run mines, such as a blast in Shanxi province in February that killed 78 and a gas leak in Chongqing municipality in May that killed 30.

After Saturday's accident, the Xinxing mine's director, deputy director and chief engineer were fired, said an employee, who refused to give his name because he was not authorized to speak to the media.

Of the 528 people reported working in the mine at the time of the explosion, 420 escaped, Xinhua reported. At the Hegang Mining Group General Hospital, which a spokesman said was treating 32 injured miners, a few were in the intensive care unit under police guard.

Survivors recounted their harrowing escapes. In an account reported by Xinhua, Wang, 35, who monitored gas levels in the shaft, suddenly grabbed two other workers near him and started scrambling to the door, shouting: "Run quickly, don't carry anything!"

Authorities say the 16 miners still missing are trapped about half a kilometre underground. One entrance was blocked, and rescue teams in orange work suits and hard hats were sent underground in mining carts down a separate shaft.

THE ASSOCIATED PRESS



THE ASSOCIATED PRESS PHOTO

Rescuers on a trolley prepare to enter the site of the gas explosion at the Xinxing Mine in China.

"Development is important, but the growth of the GDP shouldn't be achieved at the price of miners' blood."
Li Zhanshu, governor of Heilongjiang province

Saddam loyalists paraded on TV

IRAQ A stepped-up campaign by Iraq's prime minister against Saddam Hussein loyalists is alienating Sunni Muslims and stoking tensions between them and the majority Shiites ahead of key national elections. In its latest anti-Baathist attack, Prime Minister Nouri al-Maliki's Shiite-dominated government put three men on state TV yesterday to confess their alleged role in planning suicide attacks in Baghdad last month. The three, all in detention and dressed in orange prison jumpsuits, said the bombings were ordered by Saddam's Baath Party. Al-Maliki's intensified rhetoric worsens one of Iraq's most dangerous sectarian fault lines — one which the United States has long struggled to calm. THE ASSOCIATED PRESS



Al-Maliki

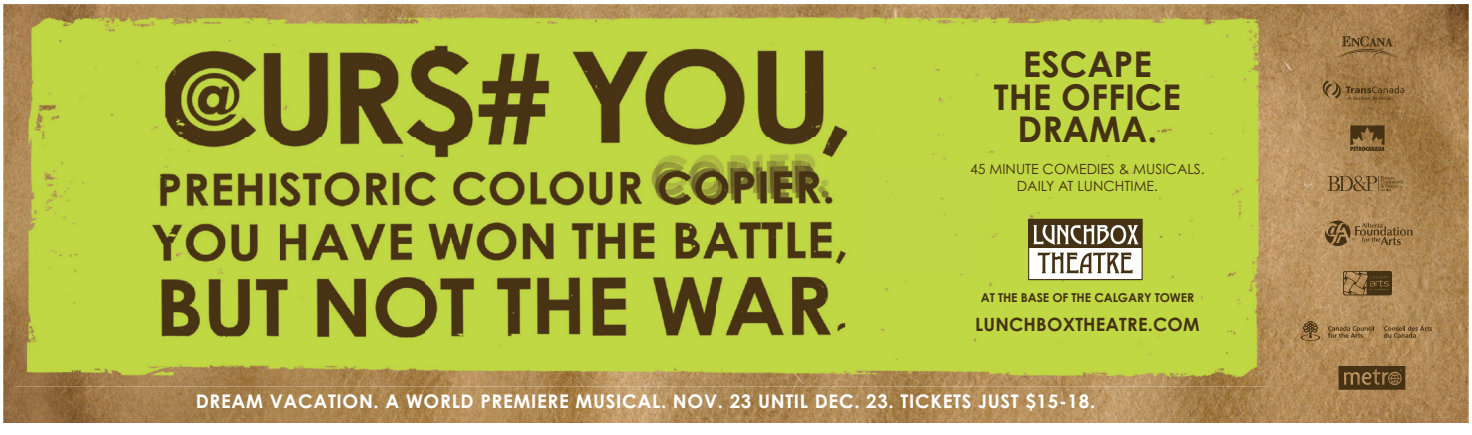
29 dead, 240 rescued in sinking

INDONESIA Rescuers saved more than 240 people aboard a passenger ferry that sank yesterday in rough waters off Sumatra island, but 29 people have died and at least 17 others were missing, officials said. A second ferry ran aground nearby, but all its passengers were said to be safe. Indonesian ferry accidents have killed hundreds of people in recent years. THE ASSOCIATED PRESS

News in brief

RHODE ISLAND A month of harsh words between U.S. Rep. Patrick Kennedy and Roman Catholic Bishop Thomas Tobin escalated yesterday when the bishop acknowledged asking Kennedy not to receive Holy Communion because of the Democratic lawmaker's support for abortion rights. The bishop's attempt to publicly shame Kennedy comes just a few months after the death of his father, Sen. Edward Kennedy.

JAMAICA A senior military officer says troops should be given more powers to help fight spiraling crime. Jamaican troops already accompany police on some operations in the capital Kingston's toughest neighbourhoods. THE ASSOCIATED PRESS



Tribe demands member's release
A Yemeni tribe that kidnapped a Japanese engineer a week ago says it has no links to al-Qaida and is demanding the release of an imprisoned member. THE ASSOCIATED PRESS

Former Iranian VP released

Opposition members, family say Abtahi's confessions forced

Iran released a former vice-president on a $700,000 US bail yesterday after his lawyer said he had been sentenced to six years in prison in the mass trial of opposition figures accused of fomenting the post-election unrest.

Mohammad Ali Abtahi, who served under former President Mohammad Khatami in his two terms from 1997-2005, is the most senior former official among more than 100 people on trial since August. After his arrest, he made televised confessions saying he had provoked people to riot. But his family and other opposition figures said the statements were coerced — a claim also made about other defendants' confessions during the trial.

Tehran prosecutor Abbas Jafari Dolatabadi said Abtahi was released on a $700,000 bail after the verdict was delivered, the official IRNA news agency reported. The report did not say what his sentence was.

Last week, state television reported that five defendants in the mass trial have been sentenced to death and 81 had received prison terms from six months up to 15 years. Few have been freed on bail.

In the weeks following the June 12 election, the opposition led massive street protests that drew hundreds of thousands and supporters clashed with security forces. They claimed fraud after authorities declared President Mahmoud Ahmadinejad the winner of a second term, and the protests were the most serious internal unrest in Iran in the 30 years since the Islamic Revolution.

Iran's clergy-led establishment accused the protesters of trying to stage a "velvet revolution." Rights groups and opposition figures in Iran have criticized the court proceedings against them as a "show trial." THE ASSOCIATED PRESS


THE ASSOCIATED PRESS

Former Iranian vice-president Mohammad Ali Abtahi has been sentenced to six years.

Iran launches war games

DEFENCE Iran yesterday began air defence war games aimed at protecting its nuclear facilities from attack, state TV reported, as an air force commander boasted the country could deter any military strike by Israel. It said the five-day drill will cover an area a third of the size of Iran and spread across the central, western and southern parts of the country.

Gen. Ahmad Mighani, head of an air force unit in charge of responding to threats to Iran's air space, said Saturday the war games would cover regions where Iran's nuclear facilities are located.

The drill involves Iran's elite Revolutionary Guard, the paramilitary Basij forces affiliated with the Guard as well as army units. THE ASSOCIATED PRESS

Nuclear weapons?

- The United States and its European allies accuse Iran of embarking on a nuclear weapons program. Iran insists the program is only for peaceful purposes.

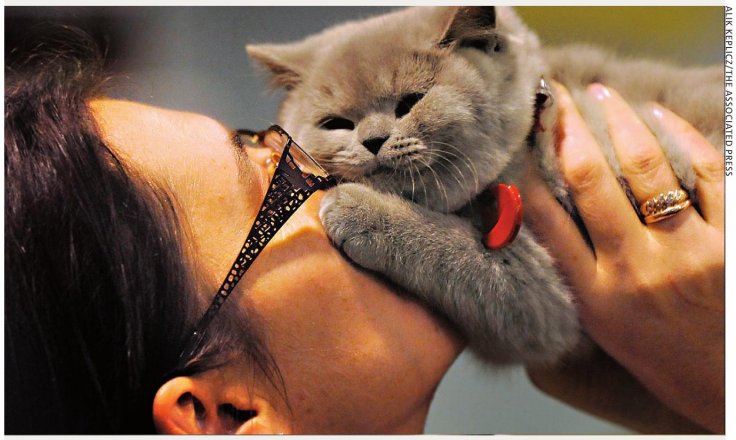
Accused in 9-11 trials plan to plead not guilty

ATTACKS The five men facing trial in the Sept. 11 attacks will plead not guilty so that they can air their criticisms of U.S. foreign policy, the lawyer for one defendant said yesterday.

Scott Fenstermaker, the lawyer for accused terrorist Ali Abd al-Aziz Ali, said the men would not deny their role in the attacks but "would explain what happened and why they did it." The U.S. Justice Department announced this month that Ali and four others will face a civilian federal trial just blocks from the site of the World Trade Center.

THE ASSOCIATED PRESS

Poland **The competition is cuddly**


ALIK KEPLICZ/THE ASSOCIATED PRESS

A British Shorthair kitten is comforted by its owner during an international cat show in Warsaw, Poland yesterday.





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Comment

Marking a better path for cyclists



Earlier this month a Calgary cyclist was sent to hospital in critical life-threatening condition when an SUV took a left turn in front of him, causing a collision.

It was around this time when I noticed an addition to a road I frequent — large, stencilled bicycles painted on the road. The road hadn't grown wider though and there weren't any corresponding lines that would denote a bike lane, so it made me wonder if the city is trying to fake its way out of real infrastructure that could prevent such accidents.

According to Nicole Jensen, a transportation planner with the city, we've already got a 350-kilometre on-street network in Calgary for cyclists (defined as roads with wide curb lanes, bike lanes or signed routes) — but while the network is mapped, it's not all marked. She says low-traffic parts of the network don't get markings, but high-traffic roads and intersections do.

As for what the markings mean, it varies. The bicycle stencils I saw indicate a shared lane. This means motorists and cyclists travel side by side. Roads that aren't wide enough to accommodate a bike lane become shared lane or wide-curb lanes. Think of the markings as territorial, they're reinforcing cyclists' rights to the road.

Roads that are wide enough to accommodate a bike lane get a line separating a lane for cyclists. That lane is marked with a diamond, which means a dedicated lane, and a bicycle stencil below it.

Paint is cheap, so why haven't all the high-traffic roads and intersections been marked, especially if it's going to help motorists keep cyclists top-of-mind? Jensen says her department aims to improve 20 kilometres of the network each year — meaning these improvements could take a while.

Bicycle-friendly cities know the value of marking cycling turf. In addition to bike lanes and shared lanes, Vancouver has bike waiting areas at a few major intersections — these areas are marked out on the road at the front of the line so bicycles have their own space to wait at a red light.

Many of the street signs in Vancouver have bicycle symbols on them, as well, serving two purposes — way-finding and space-claiming.

We've put infrastructure in place to ensure pedestrians have rights on the road — various kinds of crosswalks, pavement markings, signs, sidewalks and footbridges. It's time to show the same courtesy to cyclists.

Adrienne Beattie is a Calgary-born writer who has covered urban issues since 2001 and has an English degree from the University of Calgary.

Views

Squirrels can drive you nutty over the holidays



Today we begin a series on "Prepping for the holidays." First up, how to avoid those pesky "what-the-hell-was-I-thinking?" holiday moments. A what-the-hell-was-I-thinking? is anything that seemed like a good idea at the time, even though everyone else could see disaster coming a mile off.

Here is an example. Recently, my friend Rob found himself with a flat car tire and a hubcap stuck on tight. Rob had an idea. He took a handy, thin metal strip and easily pried off the hubcap. Unfortunately, the metal strip he used, and which snapped in two in the process, was his car key. Leading Rob to ask, "what-the-hell-was-I-thinking?"

What-the-hell-was-I-thinking's are common around any major holiday. Suddenly, "holiday head" sets in and we find ourselves thinking, "Gosh, it would be fun to invite both sides of the family to dinner" in spite of what happened the last six years, or "I'm sure everyone will prefer a tofu turkey because it's kinder to animals."

There is a solution. You can avoid a what-the-hell-was-I-thinking? by following this simple plan.

Pause.

Now ask yourself one all-important question. "Is there any possible way that what I am planning to do could lead me to end up with an angry squirrel trapped in a metal garbage can?"

Perhaps I should explain.

A half-hour ago, I went into my backyard to feed the birds, accidentally leaving the lid off the metal garbage can that holds my birdseed. I came back onto the deck. A scuffling from the can. The black squirrel that rules my backyard was inside the can, munching seed. Instantly, I threw the lid on. "Hah!" I rejoiced, "I've trapped the nasty, evil squirrel in a can!" This was followed immediately by, "Oh my God. I've trapped the nasty, evil squirrel in a can!"

I now have three options. A) Remove the lid and possibly get my face chewed off. B) Never, ever remove the lid and never be able to use the can, birdseed or possibly my deck ever again. Or C) Do what any sensible woman would do. Call my partner to come home from hockey practice and let the squirrel out of the can. She has a face mask.

So, before you issue invitations, plan a menu or even think about presents, ask whether squirrels, metal cans or hockey masks are likely to become involved in any way. And let's all have a what-the-hell-was-I-thinking? free holiday.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

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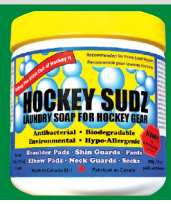
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Wheat board gives out farmers' information
Companies that buy grain may be getting more than they paid for. The Canadian Wheat Board, apparently for no reason, shared "sensitive information" about farmers with companies that buy and handle grain, says a newly released document. THE CANADIAN PRESS

Business



Hockey dads battle gear stink

When two hockey dads got stuck in an SUV with six young puck-shooting girls and their six foul-smelling hockey bags, they decided to mount a defence. The result was Hockey Sudz. After two years of trial and error, Keith Howlett and his partner created the soap-based product that's antibacterial, biodegradable, hypo-allergenic and won't break down the glue that holds hockey gear together. THE CANADIAN PRESS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Banks heading for strong finish?

BANKING Canada's biggest banks are expected to report a relatively strong finish to the financial year when they start reporting fourth-quarter earnings tomorrow, but their capital markets divisions could leave investors jittery about the future.

"It's going to be a good quarter, for sure, for capital markets, but there may be room for disappointment if people have overestimated just how good it's going to be," said Brad Smith, an analyst at Blackmont Capital.

Analysts will be closely monitoring the capital markets divisions, which have powered the last couple quarters and helped drive profits at the banks.



COLIN O'CONNOR/TORSTAR NEWS SERVICE

Analysts expect banks to report good earnings but are worried that people may have overestimated how good they would be.

An estimate by Genuity Capital Markets puts overall trading revenue in the Canadian banks up 125 per cent so far this year over last, which is worth about $5.5 billion. That compares to an increase in provisions for credit losses of 100 per cent, or $3.6 billion.

THE CANADIAN PRESS

Hydro deal worries

NB Power sale has business leaders concerned

The governor of Maine is worried about the proposed mega sale of NB Power to Hydro-Quebec and is eager to voice his concerns with Quebec Premier Jean Charest.

The prospect of Hydro-Quebec becoming a regional powerhouse following last month's $4.75-billion deal has not only stoked fears in the office of Newfoundland and Labrador Premier Danny Williams, but also among politicians and business leaders in New England.

Power hub?

- Quebec and New Brunswick are reportedly talking with Prince Edward Island about a possible 100-megawatt deal that would create a three-province "energy hub" in Eastern Canada.

In the tentative agreement, Hydro-Quebec would take over the majority of NB Power's assets — including transmission lines to Maine — and add more than 370,000 customers to its base. The deal is expected to be finalized in March.

The proposal would not only give Hydro-Quebec more access to lucrative markets in the northeastern United States, it would also place the province in a strategic position to cut off its Maritime competitors — including those who have been eyeing their own energy-export opportunities to New England.

THE CANADIAN PRESS

In brief

TAKEOVER Hershey Co. may make a $17-billion US bid for U.K. candy company Cadbury PLC, topping the recent $16.5-billion hostile offer by Kraft Foods Inc., says the Wall Street Journal. THE ASSOCIATED PRESS

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Who's the 'fastest?'

SERVICE Cellphone users are routinely hit with the buzz words "fastest" and "most reliable" when it comes to wireless networks.

So who has Canada's fastest wireless service? Is it Rogers, Bell or Telus?

Technology watchers say consumers will have a hard time telling the difference, despite network claims.

"Broadly speaking in a dense urban area … you are going to tend to get about the same speed on each network," said technology analyst Duncan Stewart.

If all conditions are perfect you will get top speed, said Stewart, director of research and analysis at DSAM Consulting.

Nevertheless, Telus is suing Rogers in an attempt to force its competitor to abandon long-standing claims to having Canada's fastest and most reliable network.

Rogers has said it stands behind its claims.

THE CANADIAN PRESS





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Battle for the planet

Award-winning Canadian writer Cleo Paskal examines the conflicts around environmentalism in her latest book Global Warring: How Environmental, Economic and Political Crises Will Redraw The World Map. Hardcover, $32.95. METRO NEWS SERVICES

Going Green



In the beginning ...

Greenpeace Canada has released Amchitka — a live CD of the 1970 Vancouver concert that launched Greenpeace. The album features performances by Canadian songstress Joni Mitchell, James Taylor and Phil Ochs. Visit amchitka-concert.com to buy the CD. METRO NEWS SERVICES

EDITOR: KUMAR.SAHA@METRONEWS.CA

Rock the water

Web music project aims for cleaner shorelines

KUMAR SAHA
Metro Canada

Mark Mattson doesn't like a sign that says "don't swim, don't drink, don't fish" on a waterfront.

As the president of Lake Ontario Waterkeeper, Mattson has been leading a crusade against water pollution along with other grassroots Waterkeeper and Riverkeeper organizations across Canada for almost a decade. So, when the time came to step up the battle for cleaner shorelines and waterways, the choice for naming the latest salvo was clear.

Getting involved

- Membership for Swim Drink Fish Music is $10 per year. Visit swimdrinkfishmusic.com for more information.
- For information about Lake Ontario Waterkeeper and other Canadian Waterkeeper and Riverkeeper organizations, visit waterkeepers.ca

"What we are really fighting for is public access to clean water — fish habitat, drinking water and recreation. So, we took off the 'don't' and that became sort of our model," Mattson, 47, tells Metro.

With some rock 'n' roll thrown in the mix, Swim Drink Fish Music (swimdrinkfishmusic.com) was born.

Launched in June this year, the online music and audio project brings together activists, musicians and artists who care about clean water. The website features exclusive songs from iconic rockers such as The Tragically Hip's Gord Downie and Bruce Cockburn as well as indie artists like Stars and Apostle of Hustle. These tunes are made available to anyone who wants to become a part of the water conservation movement.

In fact, Downie, with a little help from alt-country rockers The Sadies, is SwimDrinkFishMusic's featured artist for this month with a rousing rendition of Randy Newman's Louisiana 1927, a song that has deep significance for water issues.





TORSTAR NEWS SERVICE



DYLAN NEILD PHOTO

Swim Drink Fish Music is an online forum that brings together artists like The Tragically Hip's Gord Downie, top right, and activists like Mark Mattson, right, in the fight against water pollution.

"Come for the music, stay for one's conscience."
Dave Bidini

"As an environmental justice group, we are small and we need a lot of people, not just environmentalists involved. (We need) musicians … lending their talents, singing songs, helping us with concerts. People like Downie, (Canadian singer-songwriters) Sarah Harmer and Dave Bidini started understanding and getting to know the issues, being more than just creative inspirations.

"It just seemed like a natural way to not underutilize their time and at the same time not turn Lake Ontario Waterkeeper and the other groups into concert venues," says Mattson.

True to Mattson's words, there's a lot more to Swim Drink Fish Music than just hanging out at a virtual rock club. The online forum also sheds light on some of the burning issues at hand in conventional ways — through radio shows and podcasts, including a Canadianized version of celebrity environmentalist Robert F. Kennedy Jr's Ring of Fire program.

But Mattson acknowledges that the musical hook works as a calling card for the fledgling Waterkeepers.

"(Swim Drink Fish Music) has been effective for us. I have it everywhere I go. It's a great way to introduce yourself to our work. Then, if you are more interested in getting involved, you can become a member of the actual organization," Mattson explains.

Bidini echoes a similar sentiment. SwimDrinkFishMusic's featured artist for September, the former Rheostatics guitarist contributed a 30-song suite about "the water/the lake/the land" to the website. He hopes that his set will draw his fans to the cause.

"Come for the music, stay for one's conscience," Bidini says.

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Groves wins speedskating gold

Ottawa's Kristina Groves won gold yesterday in the women's 1,500-metre race at a World Cup long-track speedskating competition. Groves, who captured silver in the distance at the 2006 Olympics, crossed the line in one minute 55.16 seconds. THE CANADIAN PRESS

Sports



Bolt, Richards nab IAAF awards

Jamaican sprinter Usain Bolt, left, and 400-metre runner Sanya Richards of the United States have won their second IAAF World Athlete of the Year awards. Bolt retained the honour yesterday by winning the 100- and 200-metre finals in record times at the world championships in Berlin. Richards, the 2006 winner, got her first major individual gold medal at the worlds in August. THE ASSOCIATED PRESS

End of the road

CFL RESULTS

Stamps 17 **Riders** 27

VS

Darian Durant looked like anything but a first-year starting quarterback during yesterday's West Division final.

The Saskatchewan pivot threw for 204 yards and three touchdowns as the Roughriders advanced to the Grey Cup with a 27-17 win over the Calgary Stampeders at Mosaic Stadium.

Durant started four games for Saskatchewan last year and was the third-stringer in 2007 when Kerry Joseph quarterbacked the Roughriders to their first Grey Cup since 1989.

Saskatchewan will meet the Montreal Alouettes at Calgary's McMahon Stadium next weekend. The Alouettes beat the B.C. Lions 56-18 in the East Division final earlier yesterday.

In the days leading up to the game, Durant and Stampeders quarterback Henry Burris both suggested the other team would be under more pressure.

Yesterday, Durant was proven right.

Roughriders middle linebacker Rey Williams led all players with 10 defensive tackles and three quarterback sacks. The Riders also intercepted Burris three times.

"They played very well," Stamps head coach John Hufnagel said of the Riders' defence. "After the first quarter it was tough for us to do a lot."

Sandro DeAngelis got Calgary on the board with a 47-yard field goal in the first quarter and added a single on a missed field goal from the same distance in the third quarter. Stampeders running back Joffrey Reynolds had 17 of his 90 rushing yards on a touchdown run in the second quarter and Burris hit Jermaine Copeland with a four-yard touchdown pass with 1:13 to play. THE CANADIAN PRESS

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GEOFF HOWE/THE CANADIAN PRESS

Calgary Stampeder Miguel Robede chases Saskatchewan Roughriders quarterback Darian Durant, during the West Division final yesterday in Regina. The Roughriders won 27-17.

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Shaq faces hurdle in bid to become special deputy
Hoping to further his off-the-court career in law enforcement, Cleveland Cavaliers star Shaquille O'Neal has applied to become a special deputy in Ohio. But the (Cleveland) Plain Dealer reported yesterday that O'Neal must pass an examination and undergo training first. THE ASSOCIATED PRESS

Colts stay unbeaten

NFL

Colts 17 Ravens 15

AT

The undefeated Indianapolis Colts found yet another way to win a close game, their 19th straight victory.

The 17-15 win secured on former Ravens kicker Matt Stover's go-ahead field goal gave Indianapolis (10-0), the second-longest streak in NFL history behind a 21-game run by the New England Patriots (2006-08). Indy received an inspired performance from the defence and overcame an uncharacteristic three turnovers.

Much to the dismay of the Ravens and their fans, Stover booted the decisive field goal with 7:02 left. Colts linebacker Gary Brackett then intercepted Joe Flacco's pass at the Indianapolis 13 with 2:42 remaining, and the Colts kept the ball until the closing seconds.

Baltimore's last gasp ended when Ed Reed fumbled on a punt return with 17 seconds left.

THE ASSOCIATED PRESS

Sports in brief

ICE DANCING Canadian ice dancers Tessa Virtue and Scott Moir skated a world's best performance to capture gold yesterday at HomeSense Skate Canada International, a solid ending to an up-and-down week for the Canadian team less than three months before the Vancouver Olympics.

SOCCER Jermain Defoe scored five goals as Tottenham overwhelmed Wigan 9-1 yesterday while Blackburn ended a run of five straight away defeats with a 2-0 victory at Bolton.

NHL The banged-up Detroit Red Wings have lost defenceman Niklas Kronwall for at least a month with a sprained ligament in his left knee. The team announced yesterday that Kronwall will be out four to eight weeks.

UFC Forrest Griffin rallied to score a split decision over Tito (The Huntington Beach Bad Boy) Ortiz in a battle of former light-heavyweight champions at UFC 106 on Saturday night. As in their first fight, the 34-year-old Ortiz used his takedowns to build an early lead but faded and had nothing left in the third round.

NASCAR Jimmie Johnson has won a NASCAR record fourth consecutive championship with a fifth-place finish in the finale at Homestead-Miami Speedway. The win gave team owner Rick Hendrick his own NASCAR record, a 12th championship.

METRO NEWS SERVICES



SCOREBOARD

NHL

OVERALL STANDINGS
WESTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
d-San Jose	25	16	5	4	85	62	36
d-Chicago	21	14	5	2	69	49	30
d-Colorado	23	13	7	3	69	67	29
CALGARY	**21**	**13**	**6**	**2**	**67**	**59**	**28**
Los Angeles	24	13	9	2	73	75	28
Columbus	21	12	6	3	65	72	27
Phoenix	23	13	9	1	59	55	27
Detroit	21	11	6	4	67	61	26
Dallas	22	10	6	6	68	65	26
Nashville	21	12	8	1	50	56	25
Vancouver	22	12	10	0	67	59	24
Edmonton	23	9	11	3	68	75	21
St. Louis	20	8	8	4	48	50	20
Minnesota	22	8	12	2	54	68	18
Anaheim	21	7	11	3	60	73	17

d - division leaders ranked 1-2-3 regardless of points

YESTERDAY'S RESULTS
Tampa Bay 4 Atlanta 3 (OT)
Chicago at Vancouver

SATURDAY'S RESULTS
CALGARY 5 Los Angeles 2
Ottawa 5 Buffalo 3
Toronto 2 Washington 1 (SO)
Chicago 5 Edmonton 2
Detroit 3 Montreal 2 (SO)
Carolina 3 Tampa Bay 1
Dallas 5 New Jersey 3
Florida 3 N.Y. Rangers 2
Nashville 4 Columbus 3 (SO)
Phoenix 3 Philadelphia 1
Pittsburgh 3 Atlanta 2
San Jose 3 Anaheim 2
St. Louis 4 N.Y. Islanders 1

CFL

DIVISION FINALS
EAST
Montreal 56 British Columbia 18
WEST
Saskatchewan 27 **CALGARY** 17

NFL

YESTERDAY'S RESULTS
Dallas 7 Washington 6
Detroit 38 Cleveland 37
Green Bay 30 San Francisco 24
Indianapolis 17 Baltimore 15
Jacksonville 18 Buffalo 15
Kansas City 27 Pittsburgh 24 (OT)
Minnesota 35 Seattle 9
New Orleans 38 Tampa Bay 7
N.Y. Giants 34 Atlanta 31 (OT)
Arizona 21 St. Louis 13
New England 31 N.Y. Jets 14
San Diego 32 Denver 3
Oakland 20 Cincinnati 17
Philadelphia 24 Chicago 20

NBA

ATLANTIC DIVISION

	W	L	Pct	GB
Boston	10	4	.714	-
Toronto	6	8	.429	4
Philadelphia	5	8	.385	4½
New York	3	10	.231	6½
New Jersey	0	13	.000	9½

YESTERDAY'S RESULTS
Orlando 104 Toronto 96
Boston 107 New York 105 (OT)
Charlotte 104 Indiana 88
Miami 102 New Orleans 101
Phoenix 117 Detroit 91
Oklahoma City at L.A. Lakers N

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PEOPLE POWERED

Alberta goes back on plan to cap post-secondary tuition

Three years after the Alberta government announced it was capping post-secondary tuition rates for up to 10 years to ease the burden on students, the province is allowing cash-strapped institutions to apply for increases in 2010-11. METRO NEWS SERVICES

Workology



Co-eds binge more?

A new study published in the Journal of American College Health suggests that students living in coeducational housing are much more likely to engage in binge drinking than those in all-male or all-female housing. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Keeping them puzzled

OddJobs



Talk about your late bloomer: one of Canada's foremost crossword writers only started doing crossword puzzles in her 50s.

"I always loved words and had a big vocabulary and was a big reader from an early age," says Kathleen Hamilton, now 67. The Montrealer was born in Saskatchewan and majored in French at the University of Saskatchewan. She ended up in Toronto, where she lived for 20 years, working as an editor.

But around the time she got into puzzles, chronic fatigue syndrome made working full-time a challenge. So she moved out to Victoria in 1997 to become a freelance writer.

Not long after the move, she read an article about how to write your own crosswords. Hamilton grabbed a piece of paper and gave it a try.

"I loved it. It was so engrossing, it was wonderful."

She bought crossword-making software and decided to produce four pamphlets of puzzles a year.

Realizing this plan would take far too much work, Hamilton soon created a larger annual book, put a big maple leaf on the cover, and hauled it to Toronto for the fall 1998 Word on the Street book and magazines fair.

When the publisher of the Toronto Star, John Honderich, walked by, she gave him a book. The following February, the Star called — readers were demanding more Canadian content in their puzzles.

Hamilton's North of 49 puzzle has been running on Saturdays ever since. It's now syndicated and appears in papers across the country.

One week a month, she creates a batch of four new puzzles to run in the newspaper.

When she's not crossword creating, Hamilton works on her business — she's currently self-publishing an annual collection — or spends time with her grandson.

Does she still love puzzles?

She's actually tired of regular crosswords: she's now into Sudoku and cryptic crosswords.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown



Job title: Crossword creator
Salary: "It's my sole source of income."
Education/training: A knowledge of puzzles and editing skills
Best Part of the Job: "I like working with words and I like the fact that people enjoy doing my crosswords."
Worst Part of the Job: Sometimes it's tedious. The pressure of deadlines."

More money, more problems

New study finds Canadians choosing personal life over personal wealth

RAFAEL BRUSILOW
for Metro Canada

Canadians are more interested in leading fulfilling lives than they are in monetary or career success, a new study shows.

The study, conducted by market research firm Angus Reid, found that more than three quarters of Canadians (77 per cent) are focused more on their personal life experiences than their careers.

The study also found that when asked to prioritize different aspects of their lives, nearly half of Canadians (45 per cent) said that time with family and friends is most important to them, followed by a healthy lifestyle (17 per cent) and rich life experiences (15 per cent), with monetary (nine per cent) and career success (seven per cent) much less important to Canadians on average.

Jeremy Gutsche from Trendhunter.com, a magazine that tracks and reports on cultural trends, says life-fulfillment is proving to be a powerful career force for many Canadians.

"There are a lot of situations where people are seeking out fuller experiences. People want to enrich themselves, even if it means taking a pay cut," Gutsche said.

Thirty-seven per cent of respondents in the study also said the economic recession has made them re-evaluate what is important to them, less than 10 per cent said making more money or finding greater career success is their main priority.



The study shows that Canadians are choosing to enrich their lifestyles, even if it means taking a pay cut.

In tougher economic times, Gutsche says people are more likely to reconsider their life priorities as people around them lose their jobs and start up new careers.

"Even if you don't lose your job, you see people lose their jobs and ask yourself, 'What if?' You might reconsider what's important to you," he said.

Master caterer Mike Thompson worked in the Vancouver film industry for 12 years before realizing he was missing out on time with the most important people in his life — his family. The pay was excellent but Thompson frequently worked up to 100 hours per week and hardly saw his children awake.

"My son told me he couldn't remember what I looked like. You wake up one day and realize you've missed a lot," Thompson said.

Two years ago he quit his job and opened his own sandwich shop, Duke's on Broadway in downtown Vancouver. He counts many of his former coworkers as customers now and while he makes less money on the bottom line, he gets to spend as much time every day with his family as he wants.

"Getting ahead was most important to me before. Now it's enjoying life."

Findings

- 63 per cent of British Columbians believe they lead enriched lifestyles, the highest rate in the country
- 42 per cent of Albertans say the recession has caused them to re-evaluate what's important in their lives, and 51 per cent say that they have recently changed the focus of their lives.
- Residents of the Prairie provinces are Canada's most optimistic: 89 per cent stated they are optimistic about the future
- Ontarians responded most favourably to the thought of spending more time at home with the family (31 per cent).
- 20 per cent of Atlantic Canadians are most interested in pursuing a life-long ambition, compared with 12 in B.C. and 15 in Ontario.

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Holland College goes virtual
Holland College has set up an interactive map of its campuses across Prince Edward Island on its website . Visitors to the virtual tour can click on blue markers on the map to bring up 3-D illustrations, 360-degree panoramas, photographs, videos, and location information of various centres. METRO NEWS SERVICES

Avoiding the work holi-daze

Simple steps on how to prevent holiday hell over Christmas

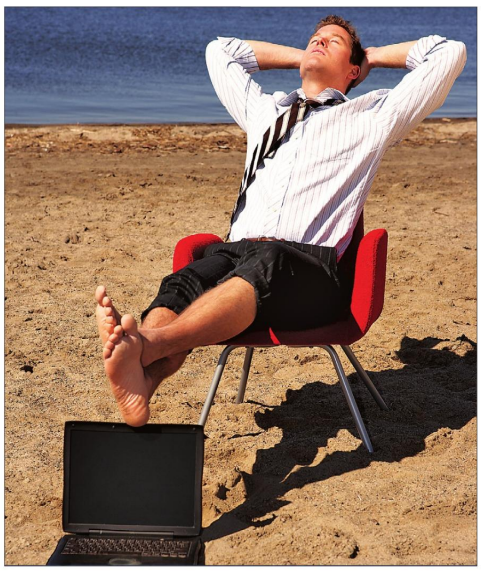
During the holiday season, we all may make questionable choices, like wearing knitted snowman sweaters, overindulging at the dinner table or serving turducken. But according to administrative staffing firm OfficeTeam, the decisions professionals make before going on vacation can mean the difference between a relaxing respite or a harried holiday.

"Taking time off provides an opportunity for employees to recharge and come back to work refreshed," said OfficeTeam executive director Robert Hosking.

"However, those who don't lay the proper groundwork before they leave may find themselves constantly connected to the office while on holiday breaks or overloaded when they return."

OfficeTeam offers five common vacation missteps and tips for avoiding them:

1. Carving out time at the last minute. Coordinate vacation dates with your team as early as possible to avoid scheduling conflicts or a lack of project coverage. Be sure to let your coworkers and other business contacts know when you'll be out.



Before going on vacation, be sure to re-schedule any meetings you might have to avoid angering your co-workers.

2. Acting like a turkey. Use your out-of-office features wisely by including an alternate contact on your voice-mail or e-mail notices. This ensures people get immediate assistance and assignments stay on track.

3. Ruffling colleagues' feathers. Forgetting to cancel or reschedule meetings planned during your vacation is discourteous to others who set time aside to talk to you. Also, mark your time off on any group calendars so people know when you are not available.

4. Overstuffing your inbox. Examine the storage capacity on your e-mail inbox to ensure you have plenty of space to receive large-size files while you're away. In addition, clean out your voice-mail box.

5. Not clearing your plate. Avoid scheduling meetings for the morning of your return so you can spend the time getting up to speed on assignments and catching up on e-mail.

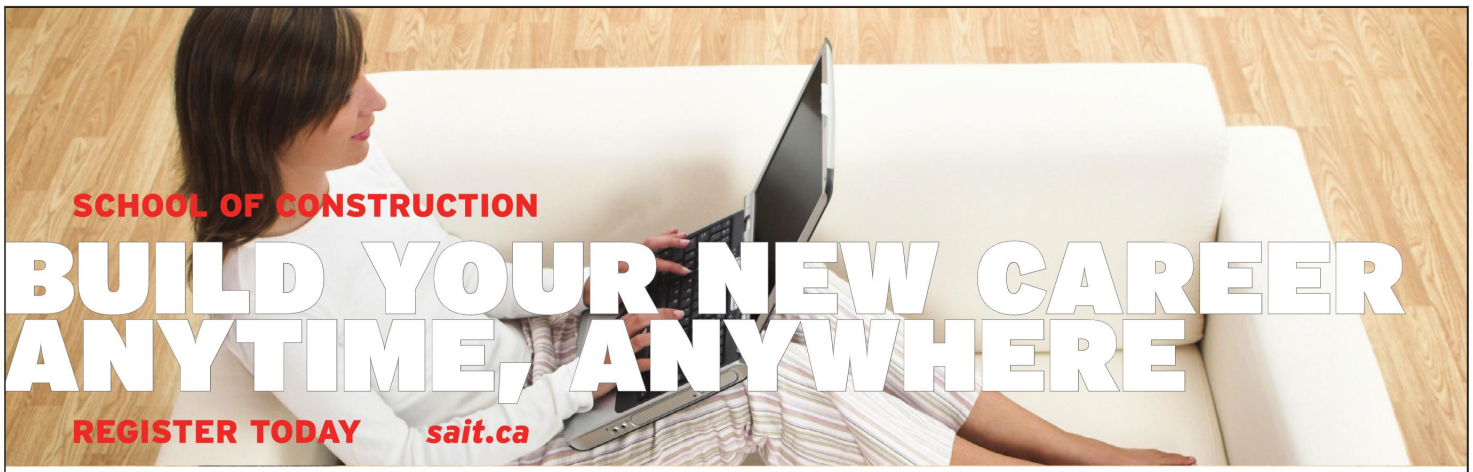
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Cyrus saddened by driver's death

After one of Miley Cyrus' tour buses crashed on the weekend, leaving the driver dead, the Cyrus family wrote a message on her website, expressing their condolences. "We are deeply saddened by the loss of Bill 'Uncle Bill' Douglas," the message read. POPEATER.COM

Entertainment



Close shave

Demi Moore is defending a photo of herself on the latest cover of W, insisting on Twitter that the image was not altered, even though a piece of her hip appears to have been shaved off. METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONEWS.CA

Jackson makes AMA history with four wins

MUSIC Michael Jackson made history by winning four American Music Awards yesterday night, but he couldn't beat Taylor Swift as the year's favourite artist. The 19-year-old took the evening's top award, giving Jackson his only loss of the night.

Jackson was nominated for five awards, just one shy of nominee leader Swift. He was named favourite male artist in the pop/rock and soul/R&B categories. His 2003 greatest-hits album, Number Ones, also won favourite album in both categories.

The only other award he was vying for was the evening's final trophy, entertainer of the year, along with Lady Gaga, the Kings of Leon, Eminem and Swift She was named favourite female pop/rock artist and her album, Fearless, won best country album.

Jermaine Jackson accepted two of his brother's awards, wearing a glittery white glove in tribute to Michael.

Jackson's victories were among the highlights of the evening, which also featured a jaw-dropping performance from Lady Gaga and a special award for Whitney Houston.

Lady Gaga, wearing a headdress and vest filled with lights, performed songs from her new album, Fame Monster.

She used her microphone to break into a glass case, where a grand piano sat waiting for her. It caught fire when she sat down to play.

THE ASSOCIATED PRESS

Performances

- Among the performers were the Black Eyed Peas, Janet Jackson, Alicia Keys, Jay-Z and Rihanna.
- Jennifer Lopez added a boxing motif to her dance-filled performance, but she slipped during a tricky move and landed on her bottom.

Bieber fans lose control in New York

MUSIC Police on Long Island had to shut down a mall appearance by Canadian teen pop singer Justin Bieber after thousands of young girls showed up, and got a little too wild.

Girls and adults in the crowd of nearly 3,000 started pushing and shoving on Friday as they waited for the 15-year-old from Stratford, Ont., to show at a clothing store at the Roosevelt Field Mall in Garden City. Bieber's appearance was still two hours away when things got out of hand.

Five people were taken to hospitals with minor injuries. THE ASSOCIATED PRESS

The Road warrior

Viggo Mortensen throws himself into post-apocalyptic role

NED EHRBAR
for Metro Canada

Listening to Viggo Mortensen describe production on his latest film, the big-screen adaptation of Cormac McCarthy's Pulitzer Prize-winning novel The Road, you'd think he's been through the post-apocalyptic events of the book himself.

"At the end, there was a sense of satisfaction in having gotten through it OK," he says. "If the movie turns out well, then fine. But the actual experience was intense."

The movie indeed turned out well, with Mortensen already garnering Oscar buzz for his portrayal of an unnamed father navigating the ravaged, cannibal-lurking highways of the U.S. after an unnamed disaster, trying to keep his young son (newcomer Kodi Smit-McPhee) safe. But it was a role the actor wasn't originally interested in taking on.

"I was reluctant," he admits. "I initially said, 'I don't think so.' I said to my agent, 'I can't. I'm really worn out. I won't be focused.' And then I looked at the story and I thought, 'Well, being worn out? That works.'"

Once he'd signed on, Mortensen threw himself into his usual process for preparing for a role.

"I tried to do things that I thought would be helpful, like listening to certain kinds of music, watching certain kinds of movies to get me in a certain state where I could go to those places that the character demanded emotionally," he says.

But the usual techniques didn't work for this project, Mortensen found. "It was very different than any other role in the sense of how much I had to throw away. It's about being naked emotionally and just being honest about it," he says.



Viggo Mortensen and Kodi Smit-McPhee star in The Road, based on Cormac McCarthy's novel.

The Road opens in theatres on Friday.

Production on the film took them out into the wilds of Pennsylvania, Oregon and Louisiana, exposing cast and crew to the elements. Mortensen says it was that aspect that really pushed his performance to where it needed to be.

"As much as we didn't like it, the fact that we were so cold and we were wet all the time and tired actually helped us," he says. "Let's say it hadn't been a relatively low-budget movie and it had been shot with green screen. It just wouldn't have been the same. It forced us to places emotionally."

One scene stood out above the others for Mortensen, as far as surviving the elements goes: Late in the film, his character has to swim out to a wrecked ship to scavenge, racing completely naked into the churning surf.

"It was cold," Mortensen remembers. "Very cold. I asked for another take, but they didn't want me to. They were terrified. They had ambulances standing by. The water was about 41 F, and the air temperature was the same.

"I just sat in the ambulance in a bathrobe and said, 'Just tell me when you're rolling. I'm just going to run out and go.'"

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Vampires slay box office
The vampire romance The Twilight Saga: New Moon sucked up $140.7 million US in its first three days and pulled in a total of $258.8 million worldwide, according to studio estimates. That's the third-best opening weekend of all time. THE ASSOCIATED PRESS

Doc explores carbon trading

Vancouver filmmaker trains lens on players

There is a scene in the new documentary Carbon Hunters where actor Harrison Ford has a chunk of hair ripped off his chest with hot wax, all in the name of helping save rainforests.

The clip from the Lost Here, Felt There public service video is an example of how far some will go to draw attention to the impact of global warming, and it fits well in a film about how far others will go to make money from it.

Carbon Hunters follows Shawn Burns, a new breed of entrepreneur who tries to earn a living putting a price on pollution.

As chief executive of Vancouver-based Carbon Credit Corp., Burns finds people who are cutting back their greenhouse gas emissions, generating what is called carbon credits.

These credits come from farmers in Alberta who have stopped turning the soil before planting a new crop, or those in India who are using treadle pumps for irrigation to replace carbon-emitting diesel pumps.

Burns, and other carbon hunting firms like his, package those credits and sell them to heavy industrial polluters.

"I think you can make money and save the planet at the same time. And I think you should," said Burns.

But not everyone sees buying and selling of pollution as an enviable business. Kevin Smith, of the environmental group Carbon Trade Watch, argues in the documentary that the so-called cap-and-trade system rewards large polluters and does little to stop global warming.

Smith said it also gives some businesses the "environmental credibility they don't deserve."

"Nobody knows if cap-and-trade will work. A lot of smart people think it will, a lot of smart people think it won't."
Miro Cernetig, documentary filmmaker

Vancouver journalist Miro Cernetig, who wrote and directed the documentary, thought carbon trading was just a fad at first. "I was skeptical about it, and still am," Cernetig said in an interview.

But Cernetig said it's hard to ignore the global carbon market, which today is valued at more than $100 billion.

Europe has a full carbon market, currently the world's largest, while the U.S. is close to setting up its own system. In Canada, some carbon credits are traded through the Montreal Climate Exchange.

Cernetig said the jury is still out on how viable the carbon market is long-term, given the commodity is essentially invisible. "Nobody knows if cap-and-trade will work. A lot of smart people think it will, a lot of smart people think it won't," he said.

Cernetig's film also explains how Canadians helped create the carbon trading model.

The idea came from Canadian-born Maurice Strong, the former head of the then-national oil firm Petro-Canada and later Ontario Hydro, who suggested such a model when he was a United Nations official heading the 1992 Earth Summit in Rio de Janeiro.

Carbon Hunters, which is produced by Vancouver-based Force Four Entertainment, will air Thursday night on CBC TV's Doc Zone.

THE CANADIAN PRESS





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Jackson glove grabs $350,000

The shimmering, white glove Michael Jackson wore when he premiered his trademark moonwalk dance in 1983 was auctioned off for $350,000 — plus tax — on Saturday. THE ASSOCIATED PRESS

In brief

PEOPLE British TV personality David Frost will be honoured at the 37th Annual International Emmy Awards for a wide-ranging career that has taken him from pioneering political satire on television to conducting serious interviews with former U.S. President Richard Nixon and other newsmakers. ABC's Barbara Walters will present the International Emmy Founders Award to Frost.

THE ASSOCIATED PRESS

Plaskett leads at Folk Awards

MUSIC Halifax singer/songwriter Joel Plaskett led a big night for East Coast musicians at the fifth annual Canadian Folk Music Awards on Saturday.

Plaskett was the only multiple award winner at the gala, earning prizes for contemporary album of the year and producer of the year.

Fellow Halifax native Susan Crowe was named English songwriter of the year while ukulele player James Hill — who is originally from Langley, B.C., but is now based in Brookfield, N.S. — won traditional album of the year for his collaboration with Anne Davison.



Plaskett

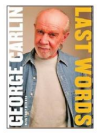
THE CANADIAN PRESS



Words fuses comedy and bio

Last Words

Author: George Carlin with Tony Hendra
Publisher: Free Press
Price: $32.00 (Hardcover)

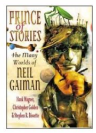


The 2008 death of American comedian George Carlin marked the passing of one of the country's preeminent comic forces. In Last Words, his life is recounted, based on a series of conversations between he and comedian friend Tony Hendra, from the time Carlin came "barreling down the birth canal" to his final days. Coloured by the humour and quick style of his standup, Last Words fuses comedy with biography, observing Carlin's upbringing, relationships and both the bad and good he was known for, including drug addiction and his famous Seven Words You Can Never Say On Television" routine.

BookPicks

Prince of Stories

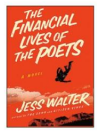
Author: Hank Wagner, Christopher Golden & Stephen R. Bissette
Publisher: St. Martin's Griffin
Price: $22.99 (Paperback)



Although he's just shy of 50-years-old, English novelist Neil Gaiman is the subject of Prince of Stories, a thorough biographical and critical guidebook of the fantasy, horror and science fiction author. The often-feted writer came to wide recognition with his graphic novel Sandman, which helped advance the popularity of the medium itself. The book mines Gaiman's genre-spanning works from novel Anansi Boys, through children's books like Coraline and The Graveyard Book to film screenplays like 2007s Beowulf. This Gaiman guide will educate newcomers and existing fans.

The Financial Lives of Ethe Poets

Author: Jess Walter
Publisher: Harper
Price: $33.99 (Hardcover)

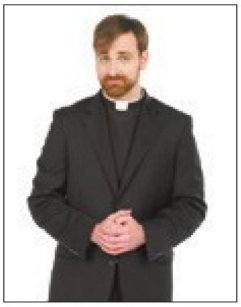


Matt Prior's brainwave to launch Poetfolio.com, a portal for his financial poetry, might have seemed like his opportunity to showcase creativity in numbers. But a bad idea is a bad idea and Matt must crawl back to the business journalist gig he left to hone his talents, just to be fired soon after. With a wife and two kids to support, Matt finds himself, like most other Americans, in financial distress. That's until a quick insomnia fix becomes a new business venture: marijuana dealer. Faced with dangers of an illegal industry and losing his home, Matt's problems transcend financial in this warm satire. — BRIAN COULTON/ FOR METRO CANADA

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
11/23/09 primetime	267	351 - ACCESS	Alberta Primetime (Live)		Castle (HDTV) (N)		Gossip Girl (HDTV)		Two/Half Men	Big Bang Th	Primetime
	243	317 3 CFCN	etalk	Hollywood	CSI: Miami "Kill Clause"		Dancing With the Stars (HDTV)			TBA	CTV News
	-	- 4 OMNI	The Office	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars (HDTV)			Find My Family	Castle
	245	306 6 CBRT	Wheel-Fortune	Jeopardy! (N)	Ron James	Little Mosque	Just for Laughs (N)		CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	Heroes "Thanksgiving"		House (HDTV) (N)		(10:01) Lie to Me (N)		News Hour
	246	- 8 CKAL	Law & Order: SVU		The Jay Leno Show (N)		How I Met	Accidentally	Trauma "Thank You" (N)		Your City
	119	705 9 CBXFT	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		Ici Louis-José Houde (SC)		Le Téléjournal Nouvelles. (SC)		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News	Hollywood	The Doctors		How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami (N)
	-	374 14 KSPS	NewsHour With Jim Lehrer		'Allo, 'Allo!	Steves Europe	Antiques Roadshow (N)		American Experience		Elbert Hubbard
	502	390 15 CBC	CBC News: The National		Catching Cancer (N)		CBC News: The National		CBC News: The National		Cancer
	-	370 16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Heroes "Thanksgiving"		Trauma "Thank You" (N)		Jay Leno Show
	-	373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	House (HDTV) (N)		(10:01) Lie to Me (N)		News
	297	652 37 WPIX	Gossip Girl (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Friends	According-Jim	Family Guy
news	500	500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	The Joy Behar Show		Nancy Grace		Showbiz Tonight		The Joy Behar Show		Nancy Grace
sports	400	400 21 TSN	(6:30) NFL Football Tennessee Titans at Houston Texans.					SportsCentre		E:60	
	408	418 27 net	MMA Conn	Flames Conn	NHL Hockey Calgary Flames at Anaheim Ducks. (HDTV) (Live)					Sportsnet Con.	Sportsnet Con.
	410	403 30 SCORE	(7:15) WWE Monday Night Raw				Score Now	Score Now	WWE Monday Night Raw		
	411	457 44 OLN	Survivorman		Ghost Hunters International		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters
	417	406 48 SPEED	SuperCars	SuperCars	Barrett-Jackson		Car Crazy (N)	Pass Time	This Week in NASCAR (HDTV)		SuperCars
family	552	543 20 YTV	iCarly	True Jackson	Drake & Josh	That's-Weird	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557	541 39 FAM	Han. Montana	Wizards-Place	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555	545 67 TOON	Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad
	575	583 11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Due South (Part 2 of 2)		Reba	Reba	According-Jim
cable variety	553	546 17 TREE	Little Bear	Bucket-Dinos	Babar	Big & Small	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-lan	Go, Diego, Go!
	505	398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568 23 W	House-Sell	Confidential	Old Christine	Friends	Friends	Grocery Bag	Love It or List It (N)		House-Sell
	521	560 24 TLC	Jon & Kate Plus 8 (N)		Cake Boss (N)	Cake Boss (N)	Jon & Kate Plus 8		Cake Boss	Cake Boss	Kate: Her Story
	603	561 25 FOOD	Top Chef: Las Vegas		At the Table	At the Table	Restaurant Makeover		Unwrapped	Unwrapped	Chef: Vegas
	615	520 26 A&E	Intervention "Allison"		Hoarders "Jake; Shirley"		Paranormal	Paranormal	(10:01) Intervention		Intervention
	617	522 32 SHOW	Trailer Park	Trailer Park	The Outer Limits		*Lethal Obsession* (2007, Suspense) (HDTV) Kellie Martin.				Bones
	601	562 33 SLICE	Instant Beauty Pageant		Plastic-Perfect	Plastic-Perfect	ET Canada	What Happen?	The Biggest Loser		Find-Husband
	-	633 34 ENC2	Filmography	(7:20) *Carver's Gate* (1995, Science Fiction)			*Eight Legged Freaks* ★★ (2002, Suspense)			(10:41) *The Swarm* (1978)	
	520	505 35 DISC	Dirty Jobs (N)		Canada's Worst Driver (N)		Daily Planet		MythBusters		Worst Driver
	620	523 36 BRAVO	Landscapes	*Beethoven's Hair* (2005)		Bravonews	Law & Order		Without a Trace		*Mediterraneo*
	294	650 40 WPCH	Law & Order: SVU		*Set It Off* ★★★ (1996, Action) Jada Pinkett, Queen Latifah.					*Set It Off* (1996, Action)	
	626	547 41 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Comfortably
	-	539 42 TCM	*Little Big Shot*	*I Found Stella Parish* ★★ (1935, Drama)			*The Captain's Kid* ★★ (1936)		(10:15) *The Great O'Malley* ★★ (1937)		
	628	584 43 SPIKE	Ways to Die	Disorderly Conduct: Video		Disorderly Conduct: Video		I Bet You Will	Super Dave	Ways to Die	CSI: Crime Scn
	522	516 45 HIST	Battlefield Mysteries		Battlefield Mysteries		Patton 360		Battles BC (N)		Generation Kill
	627	528 46 SPACE	*Sea Ghost* (2004, Horror) Billy Warlock. (DVS)				Circuit E3	Stargate SG-1		Star Trek: Next Gener.	
	-	- 47 AMC	(6) *Ghost* ★★★ (1990, Fantasy) Patrick Swayze.				*Outbreak* ★★ (1995, Suspense) Dustin Hoffman, Rene Russo.				
	619	525 49 TROP	Carlawood	Carlawood	Raymond	Raymond	The Outer Limits		ET Canada	Comeback	Family Guy
	600	564 50 HGTV	House Poor (N)	My First Place	House Hunters	House Hunters	Holmes on Homes		House Poor	Income Prop.	For Rent
	501	391 52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504	508 70 BNN	Squeeze Play		Business News	Berman's Call	Market Call Tonight		Headline	MoneyTalk	Squeeze Play
	526	507 92 VIVA	The Closer "Mom Duty"		Cold Case "Volunteers"		Mediums	In Dreams	Judging Amy		Missing
	269	350 93 APTN	Metcom	La Voix Mechif	New Canoe	Wings-Canada	Venturing Frth	Road Scholars	Arbor Live		Rez Rides
	-	- 94 MCP	World News	News	Sewing Maid	Boys Over Flo	State Secret		To Be Announced		Pinoy-Entertain
	571	581 100 MMM	Fabulous Life Of...		Entourage	Wild 'n Out	mmtop10.ca		Fabulous Life Of...		Entourage
	570	580 101 MM	So You Think You Can Dance Canada				One Tree Hill		Video on Trial	Video on Trial	MuchVibe
	581	566 102 MTV	The Hills	Peak Season	Peak Season	After	MTV Live	Sex, News-Roll	Real World-Road Rules		Peak Season
	-	- 116 TV5	Forces Speciales		Musées	Urbania	TV5 Le Journal	Afrikologie	Bleu, blanc, pub		Hors série

critics'corner

Little Mosque on the Prairie
It's the battle of the dueling public relations campaigns in this new episode. Thorne wants the church to have a higher profile in the community, so he asks Sarah to help. Not to be outdone, Amaar enlists Nate's help in boosting the mosque's image in "Saving Sarah Hamoudi." 8:30 PM on CBRT



Symphonic Landscapes
Classical music rocks! Or, well, doesn't rock — but it's still great. "Beethoven's Ninth Symphony" brings that amazing piece of music to audiences through the melodious magic of conductor Kent Nagano and the Orchestre Symphonique de Montreal. The first three movements are played alongside documentary footage about the influence of Beethoven and his talent. 6 PM on BRAVO

CSI: Miami
It probably unlikely that we'll see new editions of Clue in which Miss Scarlet murders Colonel Mustard in the drawing room with a jellyfish, but the tentacled creatures are, in fact, used as a lethal weapon in the new episode "Kill Clause," which also finds a mysterious woman from Jesse's past returning. 8 PM on CFCN: 11 PM on KREM

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Richie released from hospital
Nicole Richie is back at home with her family. Suffering from pneumonia, the 28-year-old star checked into Cedars-Sinai Hospital last week. USMAGAZINE.COM



Celebrity Buzz

Ungaro eager to fire Lohan?

A FLOP OF A COLLECTION Ungaro's chairman is desperate to axe Lindsay Lohan's contract with the label, femalefirst.co.uk reports.

The Mean Girls actress' debut collection for the French fashion house was a critical flop and her continued association with the brand has caused a row with chairman Asim Abdullah and CEO Mounir Moufarrige.

A source told the New York Post: "Asim wants her out now. Department stores in the States have already told him they won't be picking up the line if Lohan remains a collaborator, so it's a serious issue.

"Mounir wants to keep her on because it was his idea to hire her in the first place. He's trying to save face."

Earlier this month, Emanuel Ungaro — who has had no contact with the fashion house since his 2005 departure — blasted Lohan's collection.

METRO NEWS SERVICES

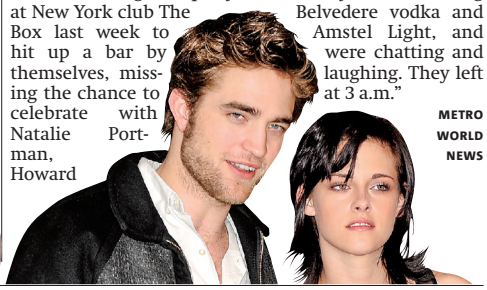


Stewart and Pattinson skip after-party to be alone

IT'S THEIR PARTY AND THEY CAN LEAVE IF THEY WANT TO Kristen Stewart and Robert Pattinson just want to be alone. The Twilight stars skipped out on a New Moon screening after-party at New York club The Box last week to hit up a bar by themselves, missing the chance to celebrate with Natalie Portman, Howard Stern and Gossip Girl star Taylor Momsen.

"It was just the two of them and a bodyguard, who was keeping people away," a source tells Page Six. "They were ordering Belvedere vodka and Amstel Light, and were chatting and laughing. They left at 3 a.m."

METRO WORLD NEWS



Celebrity tweets

Lance Armstong is having trouble making decisions, Pete Wentz goes to his fans for grooming advice, Sherri Shepherd thinks her plane landed safely because her Twitter followers said so.



- @lancearmstrong Good morning from Rancho Pelota. Wasn't gonna race, then decided to, then not, then yes.
- @petewentz presenting at the AMA's facial hair or no facial hair?
- @SherriEShepherd Made it home - thanks 4 prayers - I'm a big believer in the prayer power & especially Tweeps praying together!

METRO WORLD NEWS



Co-star friendship blooms

CLOSE FRIENDS ON AND OFF SCREEN Dakota Fanning says its a good thing she's become such a close friend with co-star Kristen Stewart, as the two have to share a steamy on-screen kiss in their upcoming project The Runaways, about Joan Jett's former band.

"We were so into the scene and into the script and the characters," the 15-year-old tells Access Hollywood. "We're playing Joan Jett and Cherie Curie and they're best friends in the film and we became really close in real life."

METRO WORLD NEWS



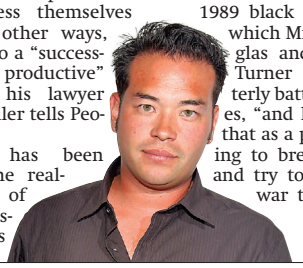
Jon's peace offering to Kate

A REAL LIFE WAR OF THE ROSES Jon Gosselin showed up for a daylong divorce arbitration hearing Saturday with a bouquet of long-stemmed red roses for Kate — only to have her turn them down and later leave the courthouse empty-handed, people.com reports.

But while Jon wasn't able to say it with flowers, the former couple was able to express themselves well in other ways, leading to a "successful and productive" session, his lawyer Mark Heller tells People.

"This has been called the real-life War of the Roses," says Heller, referring to the 1989 black comedy in which Michael Douglas and Kathleen Turner played bitterly battling spouses, "and he brought that as a peace offering to break the ice and try to bring the war to an end."

METRO NEWS SERVICE



Levi keeps photos PG-13

A TASTEFUL SHOOT Photos from Levi Johnston's much-anticipated Playgirl pictorial made their debut early Saturday morning, with the father of Sarah Palin's grandson losing his shirt but keeping the poses decidedly PG-13, people.com reports. According to Daniel Nardicio, a spokesperson for Playgirl, additional photos of Johnston will be released on a weekly basis.

METRO NEWS SERVICE



Sons get the truth

COMING CLEAN Pamela Anderson admits that she's had to come clean to her sons about her infamous sex tape with their dad, Tommy Lee. "I just said, 'Look, Mommy and Daddy were massively in love, we videotaped everything, everything was videotaped, and you're probably going hear about something at school,'" she says.

METRO WORLD NEWS



Diddy's all-star b-day bash

SPLURGING ON THE BIG 4-0 Sean (Diddy) Combs knows how to party. The producer threw himself a lavish 40th birthday party in New York, spending a whopping $3 million US on the bash, according to Page Six.

The money went toward creating a Garden of Eden theme in a suite at the Plaza with a $30,000 orchid display, a specially installed black dance floor and black chandelier, a silver confetti drop and a performance by Al Green.

The all-star guest list included Bono, Jay-Z and Martha Stewart, and security was so tight that Twilight star Kellan Lutz had to sweet-talk his way into the VIP area.

METRO WORLD NEWS



Carey exhibits diva demands

THE ROYAL TREATMENT Mariah Carey reportedly kept thousands of fans in London waiting at a Christmas lighting ceremony while she enjoyed a glass of champagne with husband Nick Cannon back at her hotel, according to the Daily Mail.

To make matters worse, the paper has obtained the list of demands Carey's people sent the event in advance of her appearance. According to the newspaper, the singer required an indoor fireworks display, 80 security guards, pink and white butterfly-shaped confetti blasted out over the crowd.

METRO WORLD NEWS





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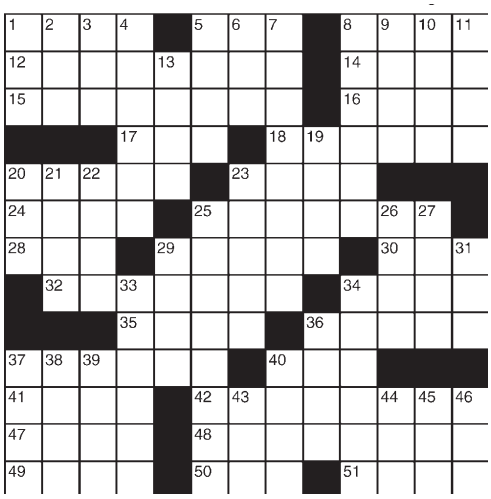
BT BREAKFAST TELEVISION



Today Morning clouds. 4 C / -6 C
Tuesday Mostly sunny. 5 C / -4 C
Wednesday Morning clouds. 5 C / -5 C

Take Five

Andrew Schultz, Meteorologist — Breakfast Television
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WEEKDAYS AT 6 A.M.



ACROSS

1 Martial art
5 Clerical addr.
8 Major or Minor constellation
12 Products that may be "wrought"
14 Approach
15 Off
16 Part of TLC
17 Anger
18 Venue of perfection
20 Batter's woe
23 Despot
24 Firetruck essential
25 Coagulate
28 Colouration
29 Gold measure
30 Swab the deck
32 Intoxicated
34 Location
35 Panorama
36 Playful water critter
37 Capital of Mozambique
40 Mongrel
41 MPs' target
42 Abandoned
47 California wine valley
48 City in the Bahamas
49 Spud's buds
50 Stitch
51 Unuttered "alas"

DOWN

1 Diamond — Brady
2 Mentalist Geller
3 Two, in Tijuana
4 Not tardy
5 Croupier's tool
6 Before
7 UFO passenger, maybe?
8 Open the champagne
9 Harvest
10 Indian woman's garment
11 Neighbourhood
13 Distort
19 Diplomacy
20 "Be quiet!"
21 Stentorian
22 Addict
23 Pitched
25 Spoofs
26 Send forth
27 Memorandum
29 Heal, as a fracture
31 Part of MPH
33 Soft palate extensions
34 Harness parts
36 English river
37 Horse's neck hair
38 Vacationing
39 Benedict XVI, e.g.
40 Captain's squad
43 Raw rock
44 Japanese pond carp
45 Work unit
46 To the — degree

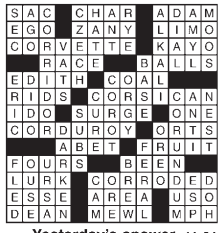
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3		4		1	6		
	6			5	8			
		1					5	
		8			4			2
1								9
9			7			1		
	4					5		
			2	3			7	
		5	9		6		8	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	7	4	8	2	1	9	5	3
2	5	9	4	3	6	7	8	1
8	3	1	9	7	5	2	6	4
3	6	7	2	1	8	4	9	5
1	4	8	5	6	9	3	2	7
9	2	5	3	4	7	8	1	6
7	8	3	1	5	2	6	4	9
5	9	6	7	8	4	1	3	2
4	1	2	6	9	3	5	7	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Lamb Steaks Provençale

INGREDIENTS:

2 tbsp (25 ml) olive oil
1 large red onion, diced
1 green pepper, diced
2 zucchini, diced
1 small fennel bulb, chopped
2 garlic cloves, chopped
4 tsp (20 ml) herbes de Provence
4 lean lamb leg steaks,
4 large plum tomatoes, diced
2 tbsp (25 ml) black olive tapenade

METHOD:

1. Heat oil, reserving about 2 tsp (10 ml), in deep frying pan and add onion, pepper, zucchini, fennel, garlic and herbs. Cook over medium heat, stirring occasionally, 10 minutes or until softened and lightly browned.
2. While vegetables are cooking, brush lamb steaks lightly with remaining oil and season lightly. Cook, turning once, on hot ridged griddle or heavy-based frying pan 5-8 minutes, depending on thickness, until slightly pink in centre. Remove from heat.
3. Add tomatoes and tapenade to vegetables, then simmer 3-4 minutes or until softened. Add lamb steaks to vegetables, then serve.

SERVES 4

rd.ca
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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If you change your mind about something today you will most likely change it back again before the end of the week, so why change at all?

TAURUS ♉
APRIL 21-MAY 21
Watch what you say over the next 24 hours. If you do go too far and use provocative words, apologize the moment you come to your senses.

GEMINI ♊
MAY 22-JUNE 21
You can quite easily wriggle out of what you are expected to do today but you won't be popular with people in positions of power.

CANCER ♋
JUNE 22-JULY 22
Flattery will get you everywhere today except the one place you most want to go. For best results, be honest with colleagues and loved ones alike.

LEO ♌
JULY 23-AUG 23
You'll feel the need to clear the air today, if only to start the week on the right note and let those around you know you don't intend to take prisoners.

VIRGO ♍
AUG 24-SEPT 22
The best way to deal with criticism is to ignore it. You may be tempted to hit back at someone's snide remarks but what's the point? Let it go.

LIBRA ♎
SEPT 23-OCT 23
Make sure that facts and figures add up today, because someone could be trying to trick you — and you could lose some serious money.

SCORPIO ♏
OCT 24-NOV 22
Be careful who you poke fun at today because the planets warn you could offend someone who has the power to make life difficult for you.

SAGITTARIUS ♐
NOV 23-DEC 21
You don't seem to be much in the mood for work as the new week gets under way, but that's okay. If a task bores you then don't force it.

CAPRICORN ♑
DEC 22-JAN 20
Everyone seems to have an opinion about what you are up to and, mostly, why you are doing it wrong. Ignore them all. If it works for you, go for it.

AQUARIUS ♒
JAN 21-FEB 18
You would be wise not to change your ways just because others expect it of you. Besides, the inner you will never really change.

PISCES ♓
FEB 19-MARCH 20
Be totally truthful when dealing with others today, even if it means upsetting your friends or putting your standing on the work front in jeopardy.

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